



# Aventura City of Excellence School Lunch Menu November 2019



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
				November 1 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots <i>OR</i> Side Salad Fruit Cocktail Low Fat & Fat Free Milk
November 4  No School Teachers Planning Day	November 5 Mac & Cheese OR Whole Wheat Tuna Sub Whole Wheat Bread Peas & Carrots or Side Salad Sliced Peaches Low Fat & Fat Free Milk	November 6 <b>**Early Release**</b> <b>Kosher</b>  Turkey sub Multigrain Chips Fresh Apple Water	November 7 Chili Ground Beef OR Whole Wheat BMT Combo Sub White Rice Mixed Veggies or Side Salad Sliced Peaches Low Fat & Fat Free Milk	November 8 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots <i>OR</i> Side Salad Fruit Cocktail Low Fat & Fat Free Milk
November 11  No School Veteran's day	November 12 Baked Ziti OR Whole Wheat Tuna Sub Whole Wheat Roll Steamed Carrots or Side Salad Sliced Pears Low Fat & Fat Free Milk	November 13 Chicken Peppers Strips or Whole Wheat CC Combo Sub Rice Black Beans or Side Salad Sliced Pears Low Fat & Fat Free Milk	November 14 WGR Spiral Pasta with Alfredo Cheese Sauce OR Whole Wheat Tuna Salad Sandwich Garlic Bread Peas and Carrots or Side Salad Fresh Apple Slices Low Fat & Fat Free Milk	WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots <i>OR</i> Side Salad Fruit Cocktail Low Fat & Fat Free Milk
November 18 Meatballs Marinara OR Whole Wheat BMT Combo Sub White Rice Mixed Veggies or Side Salad Sliced Peaches Low Fat & Fat Free Milk	November 19 Whole Wheat Toasted Cheese Sandwich <i>OR</i> Tuna Salad Sandwich Baked Veggie Chips Chick peas <i>OR</i> Side Salad Sliced Pears Low Fat & Fat Free Milk	November 20 Chicken Sautee or Whole Wheat CC Combo Sub White Rice Mixed Veggie or Side Salad Sliced Pears Low Fat & Fat Free Milk	November 21 Oven-Baked Fish Sticks OR Whole Wheat Turkey Sub Roasted Potatoes Peas and Carrots or Side Salad Fruit Cocktail Low Fat & Fat Free Milk	November 22 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots <i>OR</i> Side Salad Fruit Cocktail Low Fat & Fat Free Milk
November 25 Chili Ground Beef OR Whole Wheat BMT Combo Sub White Rice Mixed Veggies or Side Salad Sliced Peaches Low Fat & Fat Free Milk	November 26 Spaghetti Parmesan Wheat Tuna Sub Whole Wheat Bread Peas & Carrots or Side Salad Sliced Peaches Low Fat & Fat Free Milk	November 27  No School Teachers Planning Day	November 28  No School ThanksGiving	November 29  No School ThanksGiving

October 9/25 TEACHER PLANNING DAY (NO SCHOOL)

**LUNCH PRICE \$4.10 DAILY**

Side Salad consist of lettuce, Tomatoes & Cucumbers A-la-Cart; Hard Boiled Egg \$0.50; Portion cup of Tuna Salad \$0.50; An Alternative Protein Choice Will Be Offered Every Day Except on Early Release Days; The Salad Bar is an alternative meal to the daily lunch being offered. Salad Bar consists of the following items: Lettuce, Tomato, Cucumbers, Carrot Sticks, Celery Sticks, Hard Boiled Eggs, Tuna Salad and a slice of Whole Wheat Bread.